

ABSTRACT

THE IMPACT OF CORE STABILITY TRAINING TO SPEED'S SUPLEX TECHNIQUE AND THROW'S POINT ON GRECO ROMAN WRESTLER

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The problem of this study is to investigating the Impact of Core Stability Training to Speed's Suplex Technique and Throw's Point on Greco Roman Wrestler, the purpose of this study is to know how much the impact of core stability training to the success of suplex training especially on point and speed's suplex training. The research used experiment method. Sample in this research were 10 wrestler who training in Padjadjaran Stadium. The instrument used in this research were table of core strength & stability multi-level prone hold test and scoring sheet of suplex techniques. The data were analyzed used ANOVA. The results in this research were showed that there is significant impact core stability training to speed's suplex technique on Greco roman wrestler and there is significant impact core stability training to throw's point on Greco roman wrestler.

Key words: Core Stability, Wrestling, Suplex Techniques.

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ABSTRAK

PENGARUH LATIHAN CORE STABILITY TERHADAP KECEPATAN TEKNIK KAYANG DAN NILAI HASIL JATUHAN PADA ATLET GULAT GRECO ROMAN

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Permasalahan yang penulis ajukan pada penelitian ini yaitu Pengaruh Latihan Core Stability Terhadap Kecepatan Teknik Kayang Dan Nilai Hasil Jatuhan Pada Atlet Gulat Greco Roman, dalam penelitian ini bertujuan untuk melihat seberapa besar pengaruh dari pemberian latihan stabilisasi terhadap keberhasilan teknik kayang terutama pada nilai dan kecepatan kayang tersebut. Metode yang penulis gunakan dalam proses penelitian ini adalah metode eksperimen. Sampel pada penelitian ini sebanyak 10 atlet gulat yang berlatih di Gor Padjadjaran. Alat ukur yang digunakan pada penelitian ini adalah *table core strenght & stability test-multy-level proned hold test* dan scoring sheet teknik kayang. Sedangkan teknik pengolahan data dan analisis data menggunakan ANOVA. Hasil penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan latihan core stability terhadap kecepatan teknik kayang pada atlet gulat greco roman dan terdapat pengaruh yang signifikan latihan core stability terhadap nilai hasil jatuhan pada atlet gulat greco roman sebesar.

Kata kunci: Core Stability, Gulat, Teknik Kayang.